

SOMETHING TO WORK ON!



“WHAT I DESERVE” LIST

In past relationships, I put up with a lot of unnecessary things because I did not know my value or what I deserved. So, I continuously settled for whatever was given to me. This month, we are going to make our “What I Deserve” list, so we can identify our needs and boundaries in relationships. This can be used not just for romantic relationships; it’s good for evaluating friendships as well. NOTE: If you want to do a list for more than one type of relationship, be sure to do a separate list for each.

Although there may be some similarities in the needs for both relationships, there definitely should be some differences.

- Take a sheet of paper and draw a line down the middle.
- On the top left-hand side, write “My Needs”, and on the top right-hand side write “Dealbreakers”.
- Under the “My Needs” column, write down everything you need in a relationship. This column should not list anything negative – only positive needs. For instance, instead of saying, “no cheating”, you should put “someone who is faithful to me”. We all need good things in our life so let’s keep this side good.
- On the “Dealbreaker” side, list things that are your “I have to go”, “I’m out”, “Not happening” situations. These are the things that you will not tolerate at all in a relationship.
- On both sides, don’t be too vague. If you want to add something like “Happiness”, then think about what causes happiness within you and write that down instead.
- If your “Dealbreaker” column has more entries than your “My Needs” column, then I suggest you spending more time with yourself reflecting, meditating, and healing more of those wounds so you can clearly see all that you truly deserve.
- If your “Dealbreaker” column is extremely small or empty, then you need to spend just a little more time loving on yourself so you can clearly see what you do not need in your life.

After you finish completing both lists, under the “My Needs” column, highlight everything you need, but you don’t currently have or possess within yourself. Then under the “Dealbreakers” column, highlight the things that you do currently have or possess within yourself. The highlights in both columns represent the things you personally need to work on before taking them seriously on your list. I truly believe we should not be requiring what we cannot offer ourselves. That may just be me, but this is a whole other topic for a blog. If the majority of the entries in both or either column are highlighted, then you may need to spend a little more time working on you before trying to pursue something new.

When you are at a good place with your self-healing, use this list to help you find the relationship that brings you joy and fulfillment. No one is perfect, but there are people out there who are willing to give you what you want and need. You just have to be in a position to see it and receive it.

If you are currently in a relationship and it is not reflective of your list, you may want to re-evaluate your situation and/or seek counseling, to make sure the needed changes are doable, and to see if this is the relationship you truly desire and deserve.

Let's get those lists started!



ONE LAST THING

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